Stonewall

Stonewall, Oct. 1.- We all sure hope that October will be a better month that September has been.

We are glad to welcome Mr. and Mrs. Monroe Dysse to our community. They have moved to the home of her parents, Mr. and Mrs. Parks Jennings from Mobile, Alabama. We wish them much happiness in their new home.

Mr. and Mrs. Virgil Carson and Mr. and Mrs. John Rainey and son, of Roanoke spent part of last week with Mr. and Mrs. Lester Carson.

We are glad to hear that Mrs. Lyle Caldwell has gotten well enough to come to the home of her daughter, Mrs. Neal Williams, in Lynchburg. We hope that she will continue to improve real fast.

Mrs. C. D. Carson and Mrs. E. O. Showalters visited Mrs. Lula Morgan and Mr. and Mrs. W. G. Carson in Roanoke last wek. Glad to hear that Mrs. Morgan is feeling better.

Pvt. William D. Bondurant is spending a furlough with his parents, Mr. and Mrs. Wallace Bondurant. We wish for this fine young man the best of everything.

Mrs. Bernard Gibson and Mrs. Elliotte Nash spent last Thursday with their parents, Mr. and Mrs. Harmon Jennings.

Our community has been saddened by the death of Mr. E. A. Moore. We extend deepest sympathy to his wife and brothers and all the other kin folks.

Mr. and Mrs. Howlette Drinkard, Jr., of Lynchburg and Miss Rachel Austin, of Appomattox spent the week-end with Mr. and Mrs. H. F. Drinkard.

We are all sorry to hear that Mr. George Carson's caught his hand in a corn picker last Friday, and was so badly hurt that the hand had to be taken off. We hope he will soon be better and return home from the hospital.

Mrs. A. B. Johnson, of Richmond is spending some time with her brothers, Herman and George Beard while their mother, Mrs. J. H. Beard is still in the hospital, improving slowly.

Don Lee Drinkard, of Staunton School expects to spend this week end at his home here with his parents, Mr. and Mrs. Howlette Drinkard, Sr.

Mr. and Mrs. Wilton Routon and family spent last Sunday with his mother, Mrs. Ella Routon and boys.

Mr. and Mrs. Howlette Drinkard, Sr. visited Mr. and Mrs. Wallace Bondurant on Sunday night.

Mr. and Mrs. Tilton Lee and children visited her parents, Mr. and Mrs. Wash Wheeler at Rustburg last Sunday.

Beckham

Beckham, Oct. 1.- Mrs. T. M. Martin spent the week-end at Appomattox with her son, Thomas T. Martin and family.

Miss Eunice Martin visited Mrs. Josephine Duncan in Martinsville over the week-end.

Mrs. J. T. Morris, Mr. and Mrs. Winston Martin and Gloria visited Mr.an d Mrs. Jutson Morris on Saturday night.

Mr. and Mrs. T. R. Martin, Jr., Faye and Janet, Mrs. J. T. Morris, Mr. and Mrs. Winston Martin and Gloria visited Mr. and Mrs. Roland Smith on Sunday.

Mr. and Mrs. Herman Moore, Jr., Dorothy Jane and Diane, of Richmond visited Mr. and Mrs. Herman Moore Sunday.

Mr. and Mrs. Alfred Moore and Barbara Ann were Sunday dinner guests of Mr. and Mrs. Claude Jennings.

We extend sympathy to Mrs. T. H. Burge in the death of her brother, Mr. E. A. Moore.

Mrs. William Moore is visiting realtives in Norfolk.

Rev. Aaron Smith will conduct prayer meeting at Trinity Church on Wednesday evening at 7:30.

Mr. Rice Moore visited Mrs. C. A. Moore Sunday.

Mr. and Mrs. Hal Moore visited Mrs. O. W. Martin Sunday afternoon.

Spout Spring

Spout Spring, Oct. 1.- Mrs. Clarence Webber and Miss Jackie Baldwin spent the week-end in Powhatan with their sister, Mrs. Gene Davis.

Mrs. Frank Webber and children, of Route One, Pamplin, and Mr. and Mrs. Horace Chapman, of Farmville, spent Sunday evening in the home of Mr. and Mrs. Clarence Webber.

Health and Beauty

There has always been a great deal of importance attached to the success a man makes of his business and the material things he can have and provide for his family. Today this situation is not as pronounced as it has been during certain periods of history.

However, despite our remarkable progress in so many fields, we have still not gotten away from our worship of the material things in life.

This same worship of material things and power is costing many men each year their lives, still others their health.

A typical shrewd business, professional or political figure today usually devotes his attention so closely to business that he could very easily be stricken by a heart attack. They all know this but few have what it takes to withstand the pressure of society.

Usually, careful examination will show that the stricken man has neglected his health by overeating, overwork, too much to drink, too much smoking; he has tolerated badly infected teeth, and failed to take his vacations or get relaxation and rest.

In most cases this man has not only neglected himself, but has neglected his family as well. True, he was working to provide them with an abundance of the world's goods. However, the wife and children involved would have much preferred more of his time and attention.

The cases of women with heart conditions are very much on the increase. This due absolutely to the many demands on the modern homemaker. All too often the attack is brought about by a large dose of trying to "keep up with the Jones."

Appomattox is a growing town.

Subscription rate: $2.00 a year; payable in advance.

Homemakers Items

Vinegars are as different as the foods they season. Cider, distilled white, tarragon, and malt vinegars are made for specific purposes and should be used according, say Extension specialists.

Cider-vinegar .. the all-purpose vinegar .. is a favorite for salads, and salad dressings. Although you can substitute it for distilled white vinegar in preserving fruits and vegetables, it sometimes darkens the color of foods or causes shriveling.

Distilled white vinegar is absolutely pure and is the best vinegar for pickling and preserving. It has a delicate aroma which accents the true flavor of foods without overpowering them.

Tarragon vinegar..seasoned with herbs—is considered an epicurean vinegar. It should be used sparingly, for its flavor is prominent. You can use it in French or sour cream dressings, or in fish or meat sauces. You may also want to substitute it for cider vinegar in meat, fish, or egg salads.

Malt is considered by many to be the finest vinegar. Its rich, full-bodied flavor is an excellent complement for hearty salads, or meaty foods, or mackerel, herring, fish and meat sauces. Malt, too, should be used sparingly.

If you still have some sockets on ceiling fixtures in your home, a few dollars for some new fixtures will be an investment in safety.

Porcelain or plastic sockets are the best replacements for molded metal sockets. If you so-lid, replace the sockets with simple ceiling fixtures controlled by a switch or installed only by a qualified electrician or contractor is your best bet in such rewiring project.

The Navy's oldest aviation station, dating back to 1911, is at Corry Field, Pensacola.

Appomattox is a growing town.

Play safe - drive carefully.

A partisan is a man who knows a smarter men to advance his purposes.

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1953 BUICK 4 Dr. Sedan, straight drive, one owner, radio and heater.

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1955 CHEVROLET 2 ton truck, 2 speed, long wheelbase.

1950 CHEVROLET truck, tractor type, saddle tanks. and 5th wheel.

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1953 CHEVROLET 2 ton 2 speed with body.

1952 FORD 2 ton 2 speed, long wheelbase.

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Food Is Subject Of Many False Superstitions

LOS ANGELES—There are almost as many superstitions about food as about the weather, says Dr. Cora Miller, of UCLA.

"One is that if you abstain from drinking water you'll lose fat," she said. "Water, of course, has weight, but it certainly cannot form tissue of any kind, so it cannot possibly fatten."

Dr. Miller, who is making a study of food fads and fallacies, said it's not uncommon to hear individuals seriously proclaim that aluminum cooking pots cause cancer, fish is "brain food," milk causes mucous, and skim milk has had all its food value removed.

"None of these statements is true," she said. "Fish is an excellent food but it won't improve your acuity or insight or raise your I.Q. any more than it'll improve your backstroke."

Proponents of the "brain food" theory have been known to base their belief on the nebulous argument that fish contain iodine which is needed for the thyroid gland which controls the workings of the brain, Dr. Miller said.

The milk-mucous myth probably got started because "the physical character of the proteins in the milk may give them the sensation of a film similar to that experienced in phlegm formation during a cold. However, in a few rare cases, individuals do produce more mucous when drinking milk, but this is in no way harmful.

"And skim milk," Dr. Miller concluded, "contains all the nutrients of the original milk except the fat and fat-soluble substances. The minerals and proteins as well as water-soluble vitamins remain in the skimmed fraction."

Barbituates Cause Increasing Deaths

NEW YORK—Deaths from barbituate poisoning in the United States are on the increase, insurance statisticians report. In 1955, the latest year for which complete data are available, accidental poisoning by barbituates claimed 411 lives, as compared with 345 in 1954, 337 in 1953, and 327 in 1952.

"Careless use of barbituates, predominantly by adults, presents a difficult problem," the statisticians observe. "With more stringent restrictions being placed on their sale in many localities, it is not clear why the improvement in mortality which was recorded from 1949 to 1952 has not continued. It would seem that greater efforts should be made to acquaint the public with the dangers inherent in using such drugs carelessly."

About 30 per cent of all deaths from accidental poisoning by solids and liquids during 1955 were caused by barbituates; this compares with nearly 25 per cent for all other drugs and medicines.

President's China Given For Capitol Display

WASHINGTON — A china bowl and a silver vegetable dish used in the White House during the administration of President Andrew Jackson have been presented to the Smithsonian Institution by the Ladies' Hermitage Association of Nashville, for exhibition with the White House china in First Ladies Hall.

The china bowl is buff colored with stripings of gold and is from one of the Jackson dinner services. The sheffield silver vegetable dish, with a sterling-silver stag's head on the cover, is from the celebrated service that was owned by Commodore Stephen Decatur and which President Jackson purchased in 1833 from the widow of Commodore Decatur.

Housewives Know Best Meats by Tasting

DAVIS, Calif.—Housewives may not always be able to spot a choice grade steak by sight, but they are pretty good at tasting the difference between choice and good.

In a series of tests, two steaks —one good and one choice—were given to a number of families. They were asked to note which one they thought looked better. After the steaks were cooked, they were again asked to judge which one they preferred, on the basis of juiciness, tenderness and flavor.

About half preferred the looks of the choice grade and half the good grade. But as to the meat, 75 per cent preferred the choice steaks.

All Worn Out

CHICAGO—What is commonly known as "tired eyes" is, in fact, a general fatigue of the mind and body as well as the muscles of the body that control the face around the eyes. The eyes themselves are capable of enormous use. Bad lighting causes squints and frowns which are another cause of tired face muscles around the eyes. This causes fatigue and even grumpiness, and a person who doesn't frown or squint is often happier person.

Oakville

Oakville, Sept. 30.- Dinner guests in the home of Mr. and Mrs. C. Roland Smith Sunday were Mrs. J. T. Morris, Mr. and Mrs. Winston Martin and daughter, Mr. and Mrs. T. R. Martin and girls, and Mr. and Mrs. Evans Ferguson and children.

Hixburg

Hixburg, Oct. 1.- Mr. and Mrs. Edwin Leatherbury announce the birth of Robert Waddey, on September 18, Accomac. This is their third child. Mrs. Leatherbury was Gertrude Sears, of Hixburg.

A/3C James Hunter Goin, of Francis E. Warren A. F. Base in Wyoming, has received his first stripe, and is eagerly looking forward to a vacation at home next month.

Mr. and Mrs. John Wilson Hix and Mr. and Mrs. Marvin Glover, Jr. attended the Virginia State Fair in Richmond last week. Mr. and Mrs. Hix visited Mrs. Croze Carson.

Mr. and Mrs. Eugene Sears called on Mrs. J. H. Anderson in Pamplin last week. Mrs. Anderson has just returned from Durham, N. C., where she was called for the funeral of her father, Mr. E. O. Ferrell.

Many in this area have virus infection. Mr. W. D. Hix, Jr. and Mr. Ed McPhillips have been sick for several days.

Some have expresed a desire to be inoculated as soon as the Asian flu vaccine is available.

Liberty Chapel

Liberty Chapel, Oct. 1.- Lawrence "Jack" Harris was carried to the Virginia Baptist Hospital early Sunday morning. Those visiting him Sunday were Miss Coltie Harris, the Rev. A. S. Dean, Paul Thornhill, Mrs. Bill Allen, Mrs. Lewis Harris, and Ray Harris. We hope for him a speedy recovery.

Dinner guests Thursday evening of Mr. and Mrs. Sam Thornhill were Mr. and Mrs. Percy Garrett and Mr. and Mrs. Henry Stanley, Jr.

Mr. and Mrs. Jessie Reynolds and Mr. and Mrs. L. C. Reynolds visited Mrs. Carl Martin at the Virginia Baptist Hospital Friday.

Mr. and Mrs. Don Thornhill, Miss Faye Thornhill and Mrs. Paul Thornhill were dinner guests Sunday of Mr. and Mrs. Billy Mills, of Worsham.

Mr. and Mrs. Percy Garrette visited Mr. and Mrs. Jessie Harvey, Jr., of Lynchburg Friday evening.

When you begin to please every body, it is time for you to examine yourself.

Four Southern Governors met with Eisenhower Monday.

New York Yankees take the first game of the world series from Milwaukee by a score of 3 to 1.

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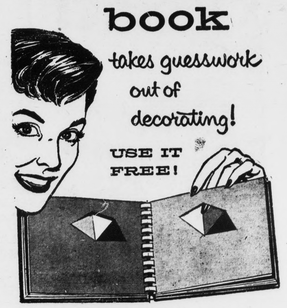

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